

NEWS RELEASE

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Food Safety for Holiday Home Cooking

During the holiday times when friends and families get together, food is often served. It's enjoyable to share your favorite dishes, but it's important to make sure no one gets sick. The Mahoning County District Board of Health recommends the following tips to make sure your meal is safe to enjoy during this holiday season.

- Keep raw and cooked food out of the temperature "danger zone", which is the temperature range that bacteria will grow the fastest. The danger zone is between 41° F and 135° F.
- Don't prepare food if you or a family member in your home is sick as there is a greater risk for sharing an illness.
- Wash your hands before preparing foods and use utensils to limit direct hand contact with prepared food.
- Hot food should be kept above 135°F and cold food should be kept below 41°F. This includes during transporting foods.
- Leftovers should be put away once the meal is completed as hot foods that are below 135°F or cold foods above 41°F for more than two hours should be thrown away.

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